



# Mashed Potatoes and Cauliflower

**Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes**

**Yield: 4 servings | Serving Size: 1 cup**

## Ingredients

- 2 medium Yukon gold or red potatoes, peeled and cubed
- 3 cups fresh or frozen cauliflower florets (about 2 pounds)
- 2 cloves garlic, minced (about 1 teaspoon)
- $\frac{1}{3}$  cup lowfat (1%) milk
- 2 tablespoons unsalted butter
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley (optional)

## Directions

1. Place the potatoes and fresh cauliflower (if using frozen, see step 2) in a medium saucepan. Add water to cover and bring to a boil.
2. Reduce the heat to low and simmer until the potatoes are fork-tender and the cauliflower is very soft (overcooked), about 15 minutes. (If using frozen cauliflower, add after the potatoes have been boiling for 5 minutes. Bring back to a boil and continue cooking for the additional 10 minutes.)
3. Drain the potatoes and cauliflower into a strainer.
4. Transfer the cauliflower to a blender or food processor, along with the garlic, milk, butter, salt, and pepper. Puree until smooth.
5. Add the potatoes and pureed cauliflower mixture back to the pan. Mash together until smooth and combined.
6. Stir in the parsley (if using) and serve warm.

**Nutrition Facts Per Serving: Calories: 140 | Total Fat: 5 g | Saturated Fat: 1.5 g  
Sodium: 190 mg | Total Carbohydrate: 22 g | Dietary Fiber: 3 g | Protein: 4 g**

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